

Surgery Scrub Caps for Patients

Surgical caps are a way to involve the patients in the surgical process. They pick out their favorite patterned hat and wear it before and during surgery and then take it home with them. The cap helps makes them feel a part of the surgical team and alleviates some anxiety associated with having surgery by providing a bit of a distraction.

Directions:

(Pattern taken from Sacred Heart Children's hospital website and edited. YouTube video was posted by USA Today about Golianso's Children's Hospital.)

1. Use a child friendly cotton fabric (*no flannel or other type fabrics please*). Fold the fabric in half and cut a 9" to 10" half circle using the fold as the straight line of the half circle. This will end up being a 18 " to 20 " circle once cut. (For examples of Child friendly fabric, please see the Stitch-a-Wish website under Sewn items and look for suggested fabrics)
2. Press/Iron 3/4" all around the edge ; stitch close to the cut edge to create a pocket for elastic.
3. Thread an 18" length of 1/8" elastic through the pocket and overlap the ends.
4. Stitch lock the overlapped elastic ends securely.
5. Stitch the 1" hat opening closed.

You can watch the video of how to make the hat by going to <https://www.youtube.com/watch?v=cJ7kSvreNnw&t=26s> OR going to www.youtube.com and searching for "How many Surgical caps can you make?" posted by USA Today.